

WHAT IS CLAIMED IS:

1. An exercise collar comprising:  
a curved enclosure;  
a first and a second handle supported proximate a first and a second end of the enclosure; and  
an closable opening formed in the enclosure for receiving ballast material within the enclosure to add weight to the enclosure. .
2. The exercise collar of claim 1 wherein a material of the enclosure comprises a flexible material such that the exercise collar is wrapable around a neck of the user for resting on shoulders of the user when the user is erect, and wherein the first and the second handles face in a direction forward of the user.
3. The exercise collar of claim 1 wherein a length of the enclosure is related to a desired weight for the exercise collar.
4. The exercise collar of claim 1 wherein the enclosure comprises a substantially circular cross section.
5. The exercise collar of claim 4 wherein a diameter of the enclosure is related to a desired weight for the exercise collar.
6. The exercise collar of claim 1 wherein a material of the enclosure is substantially non-porous to liquids.
7. The exercise collar of claim 1 wherein a weight of the exercise collar is determined by a quantity and a density of the ballast material.
8. The exercise collar of claim 1 wherein the enclosure is contoured to fit around a user's neck.
9. The exercise collar of claim 1 further comprising a cap for removably closing the opening.
10. The exercise collar of claim 1 wherein the opening is disposed on an upper surface of the enclosure.
11. The exercise collar of claim 1 further comprising a plurality of closable openings.

12. The exercise collar of claim 1 wherein the first and the second handles are disposed on an upper surface of the enclosure.

13. The exercise collar of claim 1 wherein the enclosure comprises a substantially cylindrical enclosure further comprising first and second end surfaces, and wherein the first and the second handles are disposed on the first and the second end surfaces, respectively.

14. The exercise collar of claim 13 wherein the first and the second handles comprise elongated members.

15. The exercise collar of claim 13 wherein each of the first and the second handles comprises a closed curved member.

16. The exercise collar of claim 1 wherein each of the first and the second handles comprises an elongated member having opposing first and second end surfaces, and wherein the first and the second end surfaces are affixed to the enclosure to form a closed gripping surface.

17. A portable storage rack for a curved exercise collar, comprising:  
a plate for supporting the exercise collar;  
a frame attached to the plate and extending downwardly therefrom; and  
wheels attached to the frame.

18. The portable storage rack of claim 17 wherein the plate comprises a curved plate having a curvature corresponding to the curvature of the curved exercise collar.

19. A storage rack for a curved exercise collar, comprising:  
a vertical trunk member; and  
elongated members affixed to and extending substantially laterally from the trunk member for supporting an exercise collar.

20. The storage rack of claim 19 wherein the elongated members are selected from between substantially flat plate members and rib members.